

SUMMER 2006



Mt. Baker Rowing and Sailing Center

www.seattle.gov/parks/boats/Mtbaker.htm

Rowing ~ Sailing ~ Windsurfing ~ Youth Camps



• Financial Aid

• Programs for All Ages

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**Mt. Baker Rowing
and Sailing Center**
206-386-1913

MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

MT BAKER ROWING & SAILING CENTER

Program Hours

Monday-Thursday	5:30 am-9:00 pm
Friday	5:30 am-5:30 pm
Saturday	7:00 am-5:00 pm
Sunday	9:30 am-11:30 am

The above listed hours indicate when programs have been scheduled—NOT necessarily office hours.

If you call and reach our voicemail, please leave a message and someone will return your call as soon as possible.

Program and Office Closures

Memorial Day Weekend	May 27-29
Seafair	August 1-7
Masters National Championships	August 8-13
USSailing Jr Championships	August 25-27
Labor Day Weekend	September 2-4

Please see page 4 for Bicycle Saturday and Sunday information.

Mt. Baker Rowing and Sailing Center at Stan Sayres Park



3800 Lake Washington Blvd. S
Seattle, WA 98118

Served Metro Bus #34 & 39

Phone: (206) 386-1913

Fax: (206) 386-1914

Website:

www.seattle.gov/parks/boats/

Mtbaker.htm AND

www.mtbakerjrcrow.org

E-Mail: mount.baker@seattle.gov

Green Lake Small Craft is:

glrowing@aol.com

Contact the Seattle Parks and
Recreation Info Line for other City
resources and activities:

(206) 684-4075

Or on-line at:

www.seattle.gov/parks

Online Registration Coming Soon!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. In the next few months, online registration will become available through "SPARC" for all classes. Stay tuned to our website for more information.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at: www.seattle.gov/parks/SpecialPops/index.htm.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings sometimes become available. If demand is high, we will try to form another class.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) two days before the class start date.

Confirmations

Sorry, we cannot confirm every class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Order a Commemorative Mount Baker Brick

Purchase a commemorative engraved brick, starting at \$85. There are 3 sizes to choose from and 3 logos for placement at the new Mount Baker facility. Please call the office for an order form, 206-386-1913, or stop by today!

Professional Staff

Peggy Tosdal, Sr Rec Program Specialist

Karen Etsell, Recreation Leader

Ken Bounds, Superintendent

Christopher Williams, Operations Director

Kathy Whitman, Aquatics Manager

Patsy Siegismund, Senior Coordinator

Construction Begins!

Construction starts August 15, we will be moving all the youth and adult sailing and windsurfing classes (except Intro to Sailing) to Lakewood Moorage, about 1 mile south of the Mt. Baker facility at Sayres Park, see map below.

STARTING AUGUST 22, our facility will be starting our facility construction and **CLASSES WILL BE HELD AT LAKEWOOD MOORAGE, about 1-mile south of Mt. Baker facility. Classes before the week of August 21 will be held at the Mt. Baker Facility. Youth sailing and windsurfing classes starting on August 21 will meet at Mt. Baker facility. On Tuesday, August 22, the classes will meet at the Mt. Baker facility, sail the equipment south to Lakewood Moorage. Students must be picked up at Lakewood Moorage, where classes will remain the rest of the week.**

The Open Sailing Program will resume in early 2007. See page 10.

Where do I go after August 22?

All Rowing (youth, adults): Mt. Baker facility

Youth Adventure Camp: Mt. Baker facility

Sunshine Sailors: Lakewood Moorage

Youth Laser Camps: Lakewood Moorage

Boardblasters: Lakewood Moorage

Adult Learn to Sail: Lakewood Moorage

Adult Continuing Sailing: Lakewood Moorage

Adult Beg. Windsurfing: Lakewood Moorage

Lakewood Moorage:

4400 Lake Washington Blvd S. Seattle, WA 98118



DONATE TO OUR BUILDING EXPANSION

Our building may be under construction, but we haven't stopped fundraising! We are hoping to pay back our construction contingency by the end of this year and also begin Phase II of construction early next year.

Consider contributing towards your community boating facility... *your* place on the water.

To make a donation or to receive more information about the expansion project, contact our office at 206-386-1913 or e-mail the Sr. Recreation Program Specialist, Peggy Tosdal at peggy.tosdal@seattle.gov.

You may also find a pledge form on our website: www.seattle.gov/parks/boats/Mtbaker.htm.

The Pro Parks Levy is making a difference in your community!

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city.

Our recreation facilities are providing teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness, swimming lessons for all 3rd and 4th graders, a wider range of activities for seniors, and more. We're removing litter from our facilities and parks more often; expanding park maintenance in the summer months; and working hard to maintain our valuable landscapes, trees, and other natural assets.

Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

SPECIAL EVENTS

Summer/Fall Events and Races

National Learn to Row: Saturday, June 10, 9:30am-noon, FREE!

Get a quick taste and introduction to rowing. For ages 11 years and up, come down to *your* community facility to see what this fast growing, popular sport is all about. Learn the fundamentals on land and water. No need to register, 11-15 year olds must be accompanied by an adult.

Annual Mount Baker Open House: Sunday, July 16, 1:00-4:00pm, FREE!

All are welcome! Try sailing in our 18-foot Flying Scot or paddle in a kayak or canoe. Come down and enjoy the day and look over our class offerings on this "Bicycle Sunday".

Seafair Hydroplane Races: Saturday & Sunday, August 5 & 6

The "Thunder Boats" return to Lake Washington for the annual hydroplane event! Mount Baker will be closed from Tuesday, Aug. 1 through Monday, August 7... re-opening on Tuesday, August 8. Call 206-728-0123 or visit www.seafair.com for more Seafair information.

USRowing Masters National Championships: August 10-13, Green Lake

In partnership with Seattle Parks and Recreation, Green Lake Rowing Advisory Council, Mt. Baker Boating Advisory Council, and Conibear Rowing Club collaborate to host USRowing Masters Rowing National Championship Regatta at Green Lake.

Emerald City Openwater Swim: Saturday, August 19, 9:00am

Held in Andrews Bay, near Seward Park, 1/2 mile race starts at 9am, 1 mile at 9:30am. Call 206-684-4766 for more information and for an entry form, or go to: www.seattle.gov/parks/aquatics/openwaterswim.htm.

Danskin Triathlon: Sunday, August 20, 7:00am

An exciting and uplifting event to watch. The swim area and the change-over area is located in Genesee Park, across Lake Washington Blvd from Mt. Baker Rowing and Sailing Center. Visit danskin.com for more information.

Tri-Mountain Regatta: Sunday, October 15, all day

The 22nd Annual Tri-Mountain rowing regatta is a 3 mile head race, and the course runs south of I-90 towards Seward Park then back around to Stan Sayres Park.

CLOSURES

***H** No class on the following holidays: May 27-29, Sept 2-4

***S** No class on the following Special Event days: Aug 1-7, Aug 8-13

Please see below for Bicycle Saturday and Sunday information!



Bicycle Saturdays and Sundays

Portions of Lake Washington Boulevard will be shut down to vehicles between Mount Baker Beach and Seward Park for exclusive use of

bicycles throughout the late spring and summer months. The road



closures are scheduled to occur every 2nd Saturday and every 3rd Sunday, from 10am—6pm May through September. Please check for updates at: www.seattle.gov/parks/Athletics/bikesatsun.htm.

Classes will still be held! Access to the park is limited to driving one-way on Lake Washington Blvd only heading south, and exiting straight out of the park to 46th Ave S. Parking along 43rd Ave South is encouraged, or arrive by bike!

YOUTH ROWING & ADVENTURE CAMP

WHY JOIN CREW?

Rowing on a team is an incredible experience! A sense of accomplishment and pride are gained as youth work to meet the physical and mental challenges of the sport of rowing. The rigorous sport also teaches sportsmanship and team camaraderie.



The summer program is open to boys and girls ages 13-18 and starting grades 8-12 in the fall. Classes teach the basic fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are geared towards **competitive** rowing.

Youth Sculling

As the days grow longer and warmer, now is the time to learn to row in a single, double, or quad!

This introductory sculling class is open to all youth rowers who have completed at least a novice season.

A current Float Test is required.

Tuesdays and Thursdays

3:30-5:30pm June 6-22 \$64

YOUTH ROWING

Registration (mail-in and walk-in ONLY) for **SUMMER CREW** starts May 1 and are due by **6:00pm on Monday, June 19**. See Registration Instructions on page 14. Please get your registrations in early, this class is first-come, first-serve.

ONLY mail-in and walk-in registrations are accepted up until the deadline (June 19). After the registration deadline, we may accept late registrations if space allows. We will then accept phone-in and fax-in registrations IN ADDITION to mail-in and walk-in.

Financial assistance is available upon request. There is a 10% discount for additional family members enrolling in junior crew.

Youth Rowing will be held at the Mt. Baker facility. **A current Float Test (page 13) is required.**

Novice ***Attendance for the first 2 weeks is required for all Novices***

Monday—Friday	8:30-10:30am	June 26-July 31	\$106
Monday—Friday	10:30am-12:30pm	June 26-July 31	\$106

Experienced

Monday—Friday	7:30-9:30am	June 26-Aug 5 *S	\$110
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Youth Adventure Camp (Ages 10-14)



Plan on having a week of fun and adventure as we explore all that our neighborhood has to offer. You will go boating, play tennis at the Amy Yee Tennis Center, and enjoy the beaches and nearby parks.

Some planned activities are: kayaking, canoeing, rowing, sailing, sailboarding, outdoor swimming at a lifeguarded beach, environmental stewardship activities, hiking, and a variety of other games and adventures.

Class content will be tailored to each week's enrollment. All camps are Monday through Friday (except noted), course code and prices are listed below the camp hours. Must be ages 10-14. Camps will be held at the Mt. Baker facility.

A current Float Test is required. **4-day camp.

CAMP DATES	11:30am-5:30pm
June 26-30	I—\$162
July 3-7	II—\$162
July 10-14	III—\$162
July 17-21	IV—\$162
July 24-28	V—\$162
Aug 14-18	VIII—\$162
Aug 21-24**	IX—\$130
Aug 28-31**	X—\$130

ADULT BEGINNING ROWING

Rowing at Mt. Baker

Rowing is an incredible experience! A sense of accomplishment and pride are gained as individuals rowing in a boat come together to row as one.

Classes teach the fundamentals of the stroke as well as boat handling, water safety, coxing, and care of equipment. Mt Baker Crews row sweep (with one oar per person) and scull (with two oars).

Personal instruction is available upon request. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers.

All Rowing classes will be held at the Mt. Baker facility!

PERSONAL INSTRUCTION

Personal instruction is available to beginners or for those interested in advancing their current level of skill in rowing, sailing, and/or wind-surfing. Instruction may be given to one individual or up to four equally skilled participants. It is \$30 an hour for 1 person, and \$10 extra per person per hour. For further information please call 206-386-1913.

CLOSURES

- *H** No class on the following holidays: May 27-29, Sept 2-4
- *S** No class on the following Special Event days: Aug 1-7, Aug 8-13

Please see page 4 for Bicycle Saturday and Sunday information!

Introduction to Rowing

Curious about rowing? Want to understand the difference between sweep and sculling? Here's your chance for a quick introduction to a fast growing sport. Learn the fundamentals on land and water.

Ages 11 and up; 11-15 year olds must be accompanied by an adult. Check out the Introduction to Sailing 12:30-4pm (page 11). Sign up early!

Saturdays

9:30am-noon	May 13	\$25
9:30am-noon	June 10*	Free
*National Learn to Row Day! (See page 4)		
9:30am-noon	July 8	\$28
9:30am-noon	July 22	\$28
9:30am-noon	Aug 26	\$28

Learn to Row—Level 1

Our learn to row classes teach the fundamentals of rowing. This "on the water" class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Begin with dockside rowing—progress to rowing in shells. Sweep rowing and sculling are introduced.

Satisfactory completion of this class will qualify you to join our Adult Rowing Program; Level 2: Sat-Sun or MWF mornings.

A complete physical and cardiac evaluation is strongly recommended for all adult rowers. This course emphasizes skills and technique. Participants are not required to be in good shape. Additional cardiovascular training will be covered in the Adult rowing programs.

Must attend first 2 sessions. **A current Float Test is required.** Financial assistance is available.

Mornings

TTh 6-7:30am, Sat 9:30-11:30am	May 2-25	\$94
TTh 6-7:30am, Sat 9:30-11:30am	June 6-29	\$101
TTh 6-7:30am, Sat 9:30-11:30am	July 6-29	\$101
TTh 6-7:30am, Sat 9:30-11:30am	Aug 15-Sept 9 *H	\$101

Evenings

TTh 6-7:30pm, Sat 9:30-11:30am	May 2-25	\$94
TTh 6-7:30pm, Sat 9:30-11:30am	June 6-29	\$101
TTh 6-7:30pm, Sat 9:30-11:30am	July 6-29	\$101
TTh 6-7:30pm, Sat 9:30-11:30am	Aug 15-Sept 9 *H	\$101

New! Mid-Day Learn to Row

MWF	9:30-11:30am	June 19-July 7	\$101
MWF	9:30-11:30am	July 10-28	\$101

ADULT ROWING

Adult Rowing Program

Once you have successfully completed Learn to Row or equivalent course, you may be eligible to join this program for continued rowing fitness and competition. On and off the water conditioning, novice to advanced rowing technique, and racing skills are included for those interested in competition.

A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**



Recreational—Level 2

Join one of our recreational/intermediate rowing groups to help develop your rowing skills, increase your aerobic capacity, improve your overall condition, and just enjoy the serenity of the sport.

These sessions are ideal for the “non-racing” rower or for those who have just completed one Learn to Row or equivalent. The punch card is available for these days and times.

Mid-Day

MWF 9-11am	May 1-31 *H	\$88
MWF 9-11am	June 2-30	\$102
MWF 9:30-11:30am	July 3-28	\$94
MWF 9-11am	Aug 14-Sept 1	\$71

NEW! Sat-Sun Mornings

9:30-11:30am	May 6-21	\$47
9:30-11:30am	June 3-18	\$47
9:30-11:30am	July 8-30	\$63
9:30-11:30am	Aug 19-27	\$32

Intermediate/Advanced—Level 3

These classes are designed for the intermediate to advanced rowing, or those wishing to race. Regattas are attended locally, regionally, and nationally throughout the year. Pre-dawn rowing is available.

Practice Schedule: Classes are 2 hours. Tues and Thurs classes are at 5:30 am or 6:00 pm, and Saturday is at 7:00am. You are welcome to join 3 out of 5 scheduled practices due to your schedule.

Mornings

TTh 5:30-7:30am, Sat 7-9am	May 2-30 *H	\$88
TTh 5:30-7:30am, Sat 7-9am	June 1-29	\$102
TTh 5:30-7:30am, Sat 7-9am	July 1-29	\$102
TTh 5:30-7:30am, Sat 7-9am	Aug 15-31	\$63

Evenings

TTh 6-8pm, Sat 7-9am	May 2-30 *H	\$88
TTh 6-8pm, Sat 7-9am	June 1-29	\$102
TTh 6-8pm, Sat 7-9am	July 1-29	\$102
TTh 6-8pm, Sat 7-9am	Aug 15-31	\$63

Interested in a Tues/Thurs 9-11am class? Contact the office for more info.

OPEN ROWING

Drop-in rowing is available for intermediate to advanced rowers. Purchase an Open Rowing Card, good for 10 rowing sessions, for a **Non-Refundable fee of \$95**. Seniors 65 and older are \$78.

Cards are valid for one year from purchase date. **A current float test and signed release form must be on file.** The Open Rowing card may be used during the following practices:

Mon/Wed/Fri	9:00-11:00am
Saturday-Sunday	9:30-11:30am



YOUTH SAILING

Sunshine Sailors (Ages 8-11)

Beginner/Novice Sailors

Young sailors take to the water in our brightly colored Pram sailboats. Quick, easy to maneuver boats, this 2.5 hour camp is filled with fun, and boasts fun and safety as top priorities. These quality boats are specially designed for the younger and smaller sailor. Participants must be ages 8-11.

Bring a snack and water. All camps are Monday through Friday (except noted), course codes and prices are listed below camp hours. Classes will be held at Mt. Baker until construction begins August 22.

A current Float Test is required. **4-day camp

CAMP DATES	12-2:30pm	3-5:30pm
June 26-30	I a - \$88	I b - \$88
July 3-7	II a - \$88	II b - \$88
July 10-14	III a - \$88	III b - \$88
July 17-21	IV a - \$88	IV b - \$88
July 24-28	V a - \$88	- - -
Aug 8-11**	VII a - \$69	- - -
Aug 14-18	VIII a - \$88	VIII b - \$88
Aug 21-24**	IX a - \$69	- - -

Intermediate/Advanced Sailors

Young sailors hone their sailing skills in our Pram sailboats. These young sailors will learn to generate more speed and have fun with navigating a sailing course.

Prerequisites include successful completion of one full week of Beginner/Novice Sunshine Sailing Camp THIS SUMMER and/or recommendation by the Beginner/Novice Sunshine Sailing coach.

All camps are Monday through Friday (except noted), course codes and prices are listed below camp hours. Classes will be held at Mt. Baker until construction begins August 22.

A current Float Test is required.

****4-day camp**

CAMP DATES	3-5:30pm
July 24-28	INT/ADV V - \$88
Aug 8-11**	INT/ADV VII - \$69
Aug 21-24**	INT/ADV IX - \$69

Construction Update:

Our facility construction. **STARTS AUGUST 15**, CLASSES WILL BE HELD AT **LAKE-WOOD MOORAGE**, about 1-mile south of **Mt. Baker facility**. Classes before the week of August 14 will be held at the Mt. Baker Facility. Youth sailing and windsurfing classes starting on August 14 will meet at Mt. Baker facility. On Tuesday, August 15, the classes will meet at the Mt. Baker facility, sail the equipment south to Lakewood Moorage. Students must be picked up at Lakewood Moorage, where classes will remain the rest of the week. **See page 3 for directions and details.**



YOUTH WINDSURFING & SAILING

Youth Camps: Windsurfing, Sailing (Ages 10-17)

Boardblasters-Windsurfing for Kids

Fast, fun, and wet! Sailboard across the water, catch the wind... so much to learn in an action-packed week!

If you tip the scales at more than 90 pounds, and are 10-17 years old, then this class is for you. All equipment is provided.

All Boardblasters camps are Monday through Friday (except noted), course codes and prices are listed below camp hours. Adult windsurfing classes are listed on page 11. Life jackets are provided. Classes will be held at Mt. Baker until construction begins August 22.

A current Float Test is required. **4-day camp

CAMP DATES	12:30-2:45pm	3:15-5:30pm
June 26-30	I a - \$95	I b - \$95
July 3-7	II a - \$95	II b - \$95
July 10-14	III a - \$95	III b - \$95
July 17-21	IV a - \$95	IV b - \$95
July 24-28	V a - \$95	V b - \$95
Aug 8-11**	VII a - \$76	VII b - \$76
Aug 14-18	VIII a - \$95	VIII b - \$95
Aug 21-24**	IX a - \$76	IX b - \$76

Beginner/Novice Laser Sailing Camp

Have a great time learning to sail our small dinghy-type laser sailboats. Both new and experienced sailors are encouraged to register. All sailors wishing to participate in the Intermediate/Advanced Sailing Camp must take one beginner class this summer.

Learn the basics of sailing, rigging, safety, and boat handling. Lifejackets are provided. Participants must be ages 10-17.

Laser camps runs Monday through Friday (except noted), course codes and prices are listed below camp hours. Bring a snack and water. Classes will be held at Mt. Baker until construction begins Aug 22.

A current Float Test is required.

****4-day camp**



CAMP DATES	1:30-5:30pm
June 26-30	I - \$130
July 3-7	II - \$130
July 10-14	III - \$130
July 17-21	IV - \$130
July 24-28	V - \$130
Aug 8-11**	VII - \$104
Aug 14-18	VIII - \$130
Aug 21-24**	IX - \$104
Aug 28-31**	X - \$104

Intermediate/Advanced Laser Sailing Camp

Take advantage of the summer breezes to expand your sailing skills and knowledge. Learn new sailing tactics to increase your speed, precision, and sailing course maneuvers in our Laser I's and II's.

This camp is a great way to prepare you for the Junior Sailing Team in the fall. Prerequisites include successful completion of one full week of Beginner/Novice Sailing Camp THIS SUMMER and/or recommendation by the Beginner/Novice Sailing coach. Participants are eligible to compete at the NW Jr. Sailing Championships Aug. 25-27, at Matthews Beach Park.

Advanced Sailing camp runs Monday through Friday (except noted), prices are listed below camp hours. Classes will be held at Mt. Baker until construction begins August 22. **A current Float Test is required. **4-day camp**

CAMP DATES	1:30-5:30 pm
July 10-14	III - \$130
July 24-28	V - \$130
Aug 8-11**	VII - \$104
Aug 21-24**	IX - \$104
Aug 28-31**	X - \$104

ADULT SAILING

Sailing, Windsurfing on Lake Washington

Experience the wind and serenity that Lake Washington has to offer. Adult Sailing classes are geared towards recreational sailing, although we can also accommodate more competitive sailors.

Take advantage of Mt Baker's fleet of world-class dinghies. Mt Baker offers Laser I's and II's, and Pram dinghies to learn how to sail. Mt Baker also offers a day of sailing - great for a family outing, in a day sailor Flying Scot, an 18-foot centerboard sailboat.

Lake Washington is also a great place to learn windsurfing. Our wide beginner boards with smaller sails help increase stability and control, so students spend more time sailing and less time swimming. A dry-land simulator introduces sailing maneuvers without the worry of falling in the water. Several Intermediate boards, which are more responsive, are also available.

OPEN SAIL UPDATE:

Due to construction, the Open Sailing Program has been postponed until early 2007. All eligible sailors will be contacted via e-mail as to the renewal of the Open Sailing Program and subsequent refresher courses.

Thank you for your understanding during our construction time!

Adult Learn to Sail



Take advantage of Mt. Baker's two-person Lasers IIs! Learn rigging, sailing theory, water safety, and more. Plan to bring a change of clothes on the first day. Participants who successfully complete the class requirements are awarded a Mt. Baker Open Sailing Card for participation in Mt. Baker's Open Sailing Program, see bottom left. The US Sailing textbook, "Start Sailing Right" is available in the office for \$15.

Participants must attend the first 10 hours of class time or arrange to acquire the info and skills through personal instruction. Financial aid is available. **A current Float Test is required.** Classes will be held at Mt. Baker until construction begins.

Saturdays

Sat	11am-5pm	June 3-17	\$126
Sat	12:30-5pm	July 8-29	\$126
Sat	11am-5pm	Aug 12-26	\$126

Weeknights

TTh	6-9pm	May 30-June 15	\$120
TWTh	6-9pm	June 20-29	\$126
TTh	6-9pm	July 11-27	\$126
TWTh	6-9pm	Aug 15-24	\$126

Adult Continuing Sailing

Expand your sailing knowledge with our dinghy sailboat fleet in this 12 hour class. Refine your knowledge of the skills taught in the Learn to Sail classes. Learn additional techniques to help you harness the wind effectively.

All Mt. Baker Learn to Sail Course participants or sailors with equivalent experience and current Open Sail Card holders are encouraged to enroll and participate fully in this class. The curriculum is tailored to the student's skill level and personal goals. Opportunity to earn or update Mt. Baker Open Sailing Card available (see left).

The US Sailing textbook, "Start Sailing Right" is available in the office for \$15. **A current Float Test is required.** Classes will be held at Mt. Baker until construction begins.

Saturdays

Sat	1-5pm	June 3-17	\$85
Sat	1-5pm	July 8-22	\$85
Sat	1-5pm	August 12-26	\$85

Weeknights

TTh	6-9pm	May 30-Jun 8	\$85
TTh	6-9pm	June 20-29	\$85
TTh	6-9pm	July 11-20	\$85
TTh	6-9pm	August 15-24	\$85

WINDSURFING & SAILING

Introduction to Sailing

Interested in a family outing? This class is designed for the beginner who is looking for an introduction to sailing on a larger more stable boat.

The Flying Scot is an 18-foot mono-hull sailboat, which is more stable and can hold up to 5 adults. The class is 3.5 hours and meets at Mt. Baker Rowing and Sailing Center.

Come dressed for the weather. Footwear must be worn, no black-soled shoes! Life jackets are provided

Maximum enrollment is 5 adults, for quality personal instruction. Check out the Introduction to Rowing from 9:30am-noon (page 6). Sign up early!

Saturday

12:30-4pm	May 13	\$35
12:30-4pm	June 10	\$35
12:30-4pm	July 8	\$38
12:30-4pm	July 22	\$38
12:30-4pm	Aug 26	\$38

Windsurfing: Beginning

Gain the fundamentals of windsurfing as a solid base for fun in the future! Skills include; vocabulary, balance, steering, wind knowledge, and sail adjustment. All equipment is provided. The US Sailing textbook, "Start Windsurfing Right" is available in the office for \$15. Classes will be held at Mt. Baker until construction begins.

Participants who qualify for a Mt. Baker Open Sailing Card may check-out boards during Open Sailing Program, see page 10. Must weigh at least 90 pounds. **A current Float Test is required.**

Saturdays

Sat 1:30-4:30pm	June 3-17	\$77
Sat 1:30-4:30pm	July 15-29	\$77
Sat 1:30-4:30pm	Aug 12-26	\$77

Weeknights

TTh 6-9pm	May 30-June 6	\$72
TTh 6-9pm	June 8-15	\$72
TWTh 6-9pm	June 20-22	\$77
TWTh 6-9pm	June 27-29	\$77
TTh 6-9pm	July 11-18	\$77
TTh 6-9pm	July 20-27	\$77
TWTh 6-9pm	Aug 15-17	\$77
TWTh 6-9pm	Aug 22-24	\$77

CLOSURES

***H** No class on the following holidays:
May 27-29, Sept 2-4

***S** No class on the following Special
Event days: Aug 1-7, Aug 8-13

*Please see page 4 for Bicycle Saturday and Sunday
information!*

Construction Update:

Our facility construction **STARTS AUGUST 15**, CLASSES WILL BE HELD AT **LAKEWOOD MOORAGE, about 1-mile south of Mt. Baker facility**. Class session before August 14 will be held at the Mt. Baker facility. All classes that start the evening of August 15 or after will be held at Lakewood Moorage.

See page 3 for directions, details, and a map.

PERSONAL INSTRUCTION

Personal instruction is available to beginners or for those interested in advancing their current level of skill in **rowing, sailing, and/or windsurfing**. Instruction may be given to one individual or up to four equally skilled participants. It is \$30 an hour for 1 person, and \$10 extra per person per hour. For further information please call 206-386-1913.

POLICIES & PROCEDURES

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

CANCELLATIONS:

- Any person who registers for a class, camp, special event, or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we will cancel it. We'll try to notify you at least two days before the class start date.

DAY CAMPS:

- Any person who registers for a day camp, and who requests a refund 14 days or more before its start, may receive a refund minus a 10% service charge. No refunds will be made for cancellations fewer than 14 days prior to the camp.

CLASSES:

- A participant may be issued a refund minus the first class and a 10% service charge, if he/she notifies the program coordinator prior the first class session.

For specific information please read the entire policy; which is available upon request.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or via fax with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to **City of Seattle**.

If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$25 fee. Exact cash only please.

Non-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call the facility selected or call V/TDD 223-7061. If possible, please allow ten working days notice.

Financial Aid

The Boating Advisory Council in partnership with Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to waive some or all fees, offer activities on a sliding scale, allow for an exchange of activities for volunteer service, or offer scholarships.

Reduced fees are intended mainly for families or individuals in our Seattle neighborhood who are on public assistance or who are unemployed. To apply for reduced fees or scholarships, please talk to a member of our staff.

Fees and Charges

The Boating Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs and defray operating costs for Seattle Parks and Recreation. Class and program fees include Washington State sales tax where applicable. A portion of the fees are approved by Seattle City Council and are subject to change without notice.



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Camp Long NATURE Days!

Drop your kids off for a fun adventure to kick off their summer and help celebrate Camp Long's 65th Anniversary! They'll dip nets into Camp Long's Polliwog Pond to catch critters, hike forest trails, climb Schurman rock, play nature games, and do fun crafts in Ye Old cabins.

Sign up for one day, Thurs. 6/22 OR Fri. 6/23. Fun-packed program will be repeated each day. Space is limited, sign up soon! Pack lunch and a snack.

Pre-registration and full payment are due by May 26th, 2006 please call 206-684-7434. Some financial aid is available upon request

Dates: Thurs, June 22 or Fri, June 23, 2006

Age: 6 years and up

Time: 10 a.m.-3 p.m.

Fees: \$25.00



FLOAT TEST & POOL INFORMATION

CITY POOLS

Ballard Pool Served by Metro Bus #15	1471 NW 67th 206-684-4094
Colman Pool (Summer Only) Served by Metro Bus #54, 116, 118, 119	8603 Fauntleroy Way SW 206-684-7494
Evans Pool Served by Metro Bus #16, 26, 48	7201 E Green Lake Dr N 206-684-4961
Madison Pool Served by Metro Bus #317	13401 Meridian Ave N 206-684-4979
Meadowbrook Pool Served by Metro Bus #64, 65	10515 35th Ave NE 206-684-4989
Medgar Evers Pool Served by Metro Bus #3, 4, 48	500 23rd Ave E 206-684-4766
Mounger Pool (Summer Only) Served by Metro Bus #19, 24, 31, 33	2535 32nd Ave W 206-684-4708
Queen Anne Pool Served by Metro Bus #3, 4, 13	1920 1st West 206-386-4282
Rainier Beach Pool Served by Metro Bus #7, 36, 42, 48, 106, 107	8825 Rainier Ave S 206-386-1944
Southwest Pool Served by Metro Bus #22	2801 SW Thistle 206-684-7440

**A Float Test may be taken at any lifeguarded beach or pool.
Regular charges apply. Personal Identification is required.**



FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. The float test is valid for **three years**. Float tests may be taken at any swimming pool or lifeguarded beach while under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must either float, tread water, or swim in place for ten minutes, without touching the bottom of the pool or the walls, while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water.

FLOAT TEST

Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by the Seattle Parks and Recreation. In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A ten-minute float test is valid for three years.

Float tests must be taken at any swimming pool or beach under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.

NAME _____

ADDRESS _____

The above named individual has successfully passed a float test as required for participation
in a small craft program sponsored by Seattle Parks and Recreation.



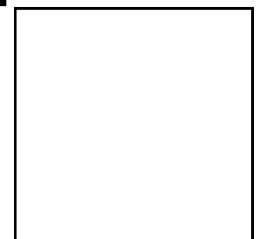
VALIDATION STAMP

SWIMMING POOL / OFFICE USE ONLY

☐ Identification Verified: _____

Lifeguard name: _____ Pool: _____

Signature: _____ Date: _____



Original Only - No copies
accepted or provided

REGISTRATION INSTRUCTIONS

STEPS TO REGISTER:

1. Complete the registration form.
2. Enclose payment. Please make checks or money orders payable to "**City of Seattle.**" For Visa, MasterCard, or American Express, please fill out credit card information on registration form. *All credit card numbers numbers are shredded after processing.*

3. Mail to:

Mt. Baker Rowing and Sailing Center
3800 Lake Washington Blvd S
Seattle, WA 98118

Phone-in and FAX-in also available starting June 19:

Phone: 206-386-1913

FAX: 206-386-1914

Larger Type Version
Available Upon Request

- As space is limited, we encourage you to sign up early—at least seven days in advance of the first day of class. Although we sometimes accept late sign-ups, you may be disappointed if a class is full or was cancelled due to a lack of participation.
- Senior Citizen Discount of \$.80/hour class is available to adults ages 65 and older for all classes.
- ONLY Walk-in and Mail-in Registration accepted through June 19; starting June 20, phone-in and fax-in registrations will then also be accepted.
- Fees are subject to change without notice.
- **Float Tests are required and can be turned in on the first day of class. Please see info and form on page 13.**

Directions to Mt. Baker RSC

From North I-5/I-90:

If coming from the north on I-5:

- Take I-5 South to I-90 Eastbound.
- Immediately take Rainier Ave Exit.
- Turn right onto Rainier (south).

If coming from the east on I-90:

- Take the Rainier Ave South Exit.
- Take Rainier Ave S, and continue to Genesee St. (3 miles).
- Left on Genesee St.
- Left on 43rd Ave S.
- Right on Lake Wash. Blvd. S.
- Take an immediate left into Stan Sayres Park.

From South I-5:

- Take I-5 to Martin Luther King Exit.
- Continue ahead on MLK to Alaska Way.
- Turn right on Alaska Way
- Left onto Rainier Ave S.
- Right on Genesee St.
- Left on 43rd Ave S.
- Right on Lake Wash. Blvd. S.
- Take an immediate left into Stan Sayres Park.

Boat Launch Information

Visit any of the 7 boat ramps throughout Seattle. Payment is required for usage of the ramp, and is payable by cash or check on site, before launching. Proof of payment required on dash of vehicle.

Please check the Motorized Boat Launch website: www.seattle.gov/parks/Boats/motorized.htm for the most up-to-date information and for boat launch locations.

LAUNCH FEES

Day Fee: \$5

Overnight Fee: \$12 / 1 night \$19 / 2 nights

\$26 / 3 nights \$33 / 4 nights (Max)

ANNUAL BOAT LAUNCH PERMITS

The cost of the "Day Use Only" permit is **\$80**, and a pass with "Overnight Privileges" is **\$110**. Either pass is valid through December 2006. Call 206-684-7249 or 206-684-4081 to order your permit.

SUMMER 2006 REGISTRATION FORM

ADULT NAME (Last) _____ (First) _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE *home* (_____) _____ *work* (_____) _____ *mobile* (_____) _____

Emergency Name _____ Emergency Phone (_____) _____

E-mail: _____ (for Mt. Baker program use only)

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

X Participant Signature:** _____ **Date:** _____

**Parent/Guardian signature for anyone 17 years old or younger

PARTICIPANT'S NAME		Birth Date	EO*	Sex	CLASS NAME	START DATE	CLASS TIME or AM/PM?	Class Fee
Last	First							
								\$
								\$
								\$
TOTAL								\$

*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation.
A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other

Please complete the following information:

☐ Paying by exact CASH

☐ Paying by check to "City of Seattle": Check Number: _____

☐ Paying by credit card: Type (circle) Visa MasterCard American Express

Name as shown on card: _____ CC Signature: _____ Date: _____

CC Card #: _____ Exp. Date: _____

SUMMER 2006
Mt. Baker Rowing and Sailing Center



SEATTLE PARKS AND RECREATION
c/o Mount Baker Rowing & Sailing Center
3800 Lake Washington Blvd. S
Seattle, WA 98118

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